
**Waukesha County
UW Extension
Farmers Market Fresh**

Greens with Carrots

Ingredients:

Serves 8

8 cups roughly chopped greens (kale, collard, bok choy, mustard etc.)

2 large carrots

1 clove of garlic, minced

1 tsp ground coriander (optional)

2 tsp olive or canola oil

salt and pepper to taste

Garnish:

1 tbsp vinegar

1 1/2 tsp soy sauce



Directions:

1. Wash greens and remove stems. Rough chop leaves.
2. Peel and julienne carrots.
3. Heat oil in large skillet. Add carrots and sauté two minutes. Add garlic and sauté one minute. Add greens, coriander, salt and pepper. Stir often.
4. When greens have turned bright green and began to wilt, remove from heat.
5. Combine vinegar and soy sauce and sprinkle mixture over top of greens.

This recipe was modified from Oregon State
University Extension Service's FoodHero.org Website.